

Around Town

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Move over summer; a new school year is here! Each school year involves new teachers, new classmates, but most importantly new experiences. We want to help you start off the year strong. Here are some tips on how to make this year the best year ever!

Reset your body clock

Odds are you've been sleeping in and staying up late all summer. Try setting your alarm for the time you're supposed to get up for school a week before school starts, and going to bed at your bedtime. That way you'll be fresh as a daisy on the first day of school.

Spin Sleep

You have to get the kids on board. If they see going to bed as a punishment or a bummer, they're going to avoid it. But if they understand that sleep is good for them, just as exercise is, they may resist it less. Talk about it as if it's not that you have to go to sleep, but that you get to go to sleep. It also helps to tell the kiddos that you're going to be resetting your schedule, too, and have only incredibly boring stuff -- cleaning the bathroom, discussing insurance with their father -- planned for the evening. That way, kids don't feel punished. Explain it as if the whole family is getting ready to go to bed.

Take Aim at Morning Madness

How are school mornings in your home? Crazed and chaotic, or calm and cheerful? Each evening, think ahead to the following morning; where can you lighten the load? Set the breakfast table as you clear the dinner dishes, lay out your clothes the night before and pack your backpack at night.

Create Calendar Central

Each school year floats on a sea of schedules. School functions, lunch menus, and scout meetings and music lessons. Nothing calms school year chaos like calendar central: a centralized site for all family calendars and schedules. You'll need a family event calendar to track after-school activities, school programs, and volunteer work.

What are some of your back to school tips?

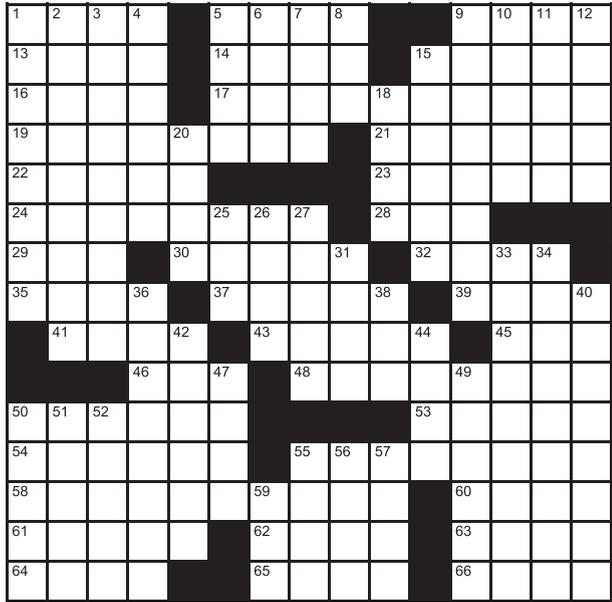
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CROSSWORD PUZZLE

- Across**
- Dangerous biters
 - Aspersions
 - Bet
 - "Beat it!"
 - Breezy
 - Feather, zoologically
 - "La Scala di ___" (Rossini opera)
 - Pessimism
 - Short postscript to a literary work
 - Cave dwellers
 - Charger
 - Rents to a new tenant
 - Occasions where people gather to say goodbye to others
 - Ace
 - Crumb
 - Indian dish
 - Become unhinged
 - Bank
 - Hint
 - U.S. Island territory in Micronesia
 - Colors
 - One who goes for the gold?
 - Chain letters?
 - Appropriate
 - Link
 - Nervous disorder marked by spasms of limbs or face
 - Take over, in a way
 - Edible viscera of an animal
 - To make someone nervous
 - Happening from a result of something else
 - Detective, at times
 - Haunted house sounds
 - "___ on Down the Road"
 - Fencing sword
 - Engine knock
 - Become friendlier
 - Medical advice, often



- Down**
- Like a judge
 - Invested with royal authority
 - Without fidgeting
 - Went bad
 - Caroled
 - In ___ of
 - Advocate
 - Scandinavian shag rug
 - ___ and prosper (2 words)
 - Cartoon art
 - Atlas enlargement
 - Curses
 - Projecting body part
 - Ball field covering
 - Aroma
 - ___ Tuesday (Mardi Gras)
 - Al dente
 - Flight segment
 - Clearasil target
 - A recording of sound
 - Large, diverse collections
 - A small animal between the age of 1 and 2
 - Moray, e.g.
 - Short cape
 - Hightails it
 - Dash
 - "Soap" family name
 - Go this way and that
 - Monkey
 - Asian capital
 - People of ancient Italy occupying Campania
 - Its motto is "Industry"
 - Astronaut's insignia
 - Knocked off, in a way
 - After expenses



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